

Holistic Activities*



Yoga, Reiki, sound, breath and quiet inner work at 1,300 m in the High Atlas

Toubkal National Park · 1h20 from Marrakech

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Dar Tassa Mountains Retreat sits at 1,300 metres inside Toubkal National Park, an hour and twenty minutes from Marrakech. Mornings are clear, evenings are silent, and the valley does much of the work before a session even begins.

Our holistic programme is deliberately small and unhurried: rooftop yoga at sunrise, one-to-one Reiki and Bowen sessions, breathwork, sound baths and guided shadow work. Every session is open to beginners, and every practitioner works in English and French.

Sessions can be booked on their own, added to a stay, or combined into a private retreat for your group.



Dar Tassa at 1,300 m — Toubkal National Park

Reiki

Gentle hands-on energy sessions to release tension and restore a sense of balance.



A one-to-one session, fully clothed, lying on a treatment table in a quiet room. We begin with a short conversation about how you are arriving and what feels heavy.

Coach Andrea works with light hands-on or hands-above contact along the body, holding each position until the tension there softens. Many people feel warmth, a wave of tiredness, or simply a long-overdue exhale.

We finish slowly, with water and time to sit before you go back to the day.

Duration	60 minutes
Price	600 MAD per session
Level	All levels
Group size	Private one-to-one session



Yoga

Sunrise sessions on the panoramic rooftop overlooking the valley — gentle, breath-led, open to all levels.



Practice begins as the sun comes over the ridge and the rooftop tiles warm under bare feet. The pace is slow and led by the breath rather than by shapes.

We move through simple standing and floor sequences, with options offered throughout so that stiff mornings and long travel days are welcome. Sessions end with a long rest looking up at the sky.

Mats, blocks and blankets are provided; come as you are.

Duration	75 minutes
Price	Groups (6+): 200 MAD per person · Private or small group (1-5): 800 MAD flat
Level	All levels
Group size	1 to 12 guests
When	By appointment only



Breathwork

Guided breathing practices to calm the nervous system and clear the mind before a walk or after a long day.



A seated or lying practice, guided from start to finish, using simple rhythmic breathing to settle the nervous system.

We begin by noticing how you already breathe, then work with lengthened exhales, gentle retention and, if the group is ready, a short active round. Everything is optional and you can return to normal breathing at any moment.

Expect tingling hands, a warm chest and a surprisingly quiet mind afterwards.

Duration	45 minutes
Price	200 MAD per person
Level	All levels
Group size	Up to 10 guests
When	Mondays & Thursdays, 17:30



Bowen technique

Light, precise rolling moves over muscle and fascia that encourage the body to reset and relax.



Bowen is quiet, unhurried work. Small rolling moves are made over specific points on muscle and fascia, then coach Andrea leaves the room for a few minutes so the body can respond.

Those pauses are part of the treatment. Many guests find the deepest release happens in the silence between the sequences.

It is done through light clothing and suits people who find deep-tissue massage too much, including after long walking days.

Duration	45–60 minutes
Price	500 MAD per session
Level	All levels
Group size	Private one-to-one session



Shadow work

Reflective, one-to-one sessions held in a safe quiet space to gently meet and integrate what lies beneath the surface.



A guided, one-to-one conversation held in a private room, with no agenda beyond what you bring to it.

Using gentle questioning, journalling prompts and moments of silence, we look at the patterns that keep returning — the reactions, avoidances and stories that shape a life from underneath. The pace is entirely yours and nothing is pushed.

Sessions can stand alone or be booked as a short series across your stay. Everything shared stays in the room.

Duration	90 minutes
Price	950 MAD per session
Level	Private one-to-one facilitation
Group size	Post-session integration tea & journaling guidance



Sound baths

Coming soon: crystal bowls and the low hum of the gong in the candlelit salon, carrying you into deep rest.



You lie down, wrapped in a blanket, on a mat in the candlelit salon. Nothing is asked of you but to stay warm and let the sound arrive.

Crystal and Tibetan bowls, chimes and the long decay of the gong build slow waves that the body follows more than the mind. Most guests drift somewhere between sleep and awareness — that is exactly the point.

We close with a few minutes of silence and a glass of herbal tea before you step back out into the night air.

Duration	60–75 minutes
Price	250 MAD per person
Level	All levels
Group size	Up to 10 guests
When	Not available at the moment — coming soon



Book your session

Tell us your dates and the sessions you would like. We reply personally, usually within a few hours.

Book your session on WhatsApp

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Your practitioner

Andrea is an Emotional Health Coach, Bowen Technique practitioner and Reiki practitioner, with over 20 years' experience in holistic wellbeing — Bowen Technique (qualified 2005), Emotional Health Coaching (qualified 2024), shadow work, breathwork, quantum healing and Reiki (progressing towards Level 3).

Her approach combines emotional, energetic and body-based practices to create a safe, nurturing space for self-exploration and transformation — helping you release limiting patterns, rebuild self-trust and come home to yourself.



Prices are per person unless stated otherwise and may change seasonally. Sessions marked as coming soon are not yet bookable.

* A gentle, unhurried approach. Our sessions are for relaxation and personal growth; they complement rather than replace medical or psychological care. You stay in charge of your own practice and may adjust or pause at any time. Simply tell us at booking about any medical condition, pregnancy or treatment so we can adapt the experience. Full guidelines: bihitours.com/health-disclaimer

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